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ABSTRACT

This book is designed to guide teachers through the process of creating a developmentally appropriate rhythmic gymnastics program for children age 5-11. Rhythmic gymnastics programs develop fitness, inspire creativity, and allow all children to work at their own level. The book features 10 chapters in two parts. Part 1, "Getting Started on a Rhythmic Gymnastics Unit," includes (1) "Rhythmic Gymnastics," (2) "Rhythmic Gymnastics Equipment," (3) "The Six Stages of a Rhythmic Gymnastics Unit, (4) "Planning the Rhythmic Gymnastics Unit," (5) "Developing the Lesson," (6) "Organizing for Teaching and Learning," and (7) "Choosing Music." Part 2, "Incorporating Learning Experiences into the Rhythmic Gymnastics Unit," focuses on (8) "Spatial Awareness and Movement," (9) "Rhythmic Gymnastics Skill Development," and (10) "Routines and Beyond." Routine planning posters are appended. (SM)

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